

ABSTRACT OF THE DISCLOSURE

- 5 An exercise device for leg exercises comprising a pair of foot pedals connected to actuation rods. While an operator is in a seated position, the operator uses their foot to apply pressure to the foot pedals so that the rod telescopes into and out of a bearing block in response to the applied pressure. A crossbar, elevated off ground by a pair of arched base bars, supports the bearing block for the telescoping oscillations.
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